

**Jim R.**

# ACHIEVING YOUR FITNESS GOALS JUST GOT EASIER.



**PERSONAL  
TRAINING**



**EXERCISE  
CLASSES**



**SUCCESS  
& SUPPORT**



**NUTRITION  
WELLNESS**



**Training Motto**  
Keep Going...and BREATHE!

## Certifications/Education

- NASM, ACE & ISSA Certified Personal Trainer
- NASM – Corrective Exercise Specialist

## Training Specializations

- Parkinson's & Multiple Sclerosis
- Yoga & Tai Chi